

Fitness & Sports

Sports line

Soccer: Youth Programs soccer registrations ends Tuesday. For more information, call 963-5684.

Golf tournament: The Airlift/Tanker Association will sponsor a golf tournament Sept. 8 beginning at 1:15 p.m. as a scholarship and charity fundraiser. The number of teams will be limited to 30. Cost is \$15, plus green fee and cart fee.

To sign up, call Senior Master Sgt. James Moody at 963-6009 or e-mail him at james.moody@charleston.af.mil

Round dancing: Round dancing is great exercise and a lot of fun. Many local military retirees are members of a round dancing group called the Meri-Go-Rounds. Active duty as well as retired and their spouses enjoy this method of doing the two step and waltz basics of dance. A "fun night" is scheduled for Sept. 11 at the Felix C. Davis Community Center, 4800 Park Circle in North Charleston. This one-time introduction to round dancing starts at 8:30 p.m. and is free. Classes will convene on succeeding Monday nights and continue throughout the fall and winter months.

For more information, call Jack or Genie Whetsell at 747-5431 or Don or Nancy Lovelace at 797-6326.

Softball tourney: The 437th Supply Squadron will once again host the annual East Coast "Supply" Softball Tournament beginning Sept. 14. Opening ceremonies kick off at 8 a.m. with the Base Honor Guard posting the colors. The tournament is for members of supply squadrons throughout the East Coast.

Sept. 14-15 are the dates for the round robin games to determine the seeds for the double-elimination tournament Sept. 16.

Following the round robin games on Sept. 15 is a home run derby.

This year's 437th Supply team members are: Head coach Tom McPeak, assistant coach Brian Langley, Jeff York, Tony Jones, Joe Thomas, Robert James, Jim Athens, Pat Clancy, Jerry Molina, Lynn Scholl, Tyrone Robinson, Jason Reinke, Mike Krawzak and Butch Reinhart.

Back-to-school nutrition tips

Skipping breakfast is not a good idea

By Tech. Sgt. Gilbert Shrieves
NCOIC, Scott AFB, Ill.
Health and Wellness Center

School buses are rolling again, school bells are beginning to ring and children are back in school.

Did you know as many as one out of six fifth graders skip breakfast and the statistics for older children are much higher? Starting the day without breakfast is like starting a car without gas. It doesn't work. When a child misses breakfast, concentration is more difficult, their verbal fluency is impaired and muscle contractions are delayed. On average, breakfast eaters are better prepared for the day and are less likely to be overweight.

In addition, breakfast gives children a significant part of the day's overall nutrients. If your child has a tendency to miss breakfast, plan the meal with your child the night before, decide who prepares what and work together to get it done. Breakfast can be as quick and simple as cereal and milk, yogurt and fruit, or a bagel and a glass of milk. Even a peanut butter and jelly sandwich is better than nothing. Getting the right nutrition may mean

some compromising, but good nutrition can equal fun eating if planned well.

According to the American Dietetic Association, a recent survey of the nation's 100 largest school districts reported that nearly 70 percent of schools now meet or exceed nutrition guidelines for 30 percent of calories coming from fat. In addition to meeting these criteria, 69 percent of the children in these districts choose to eat school lunches rather than bringing a lunch from home. Eating a healthy lunch provides people with the fuel they need to perform well in the afternoon. Remember that kids have a set lunch hour, pack only the amount of food that your child will eat in the time allotted in their lunch period. The key to a fun, healthful lunch is planning with your child what they will eat.

Some great examples of creative

meal planning are: make sandwiches on mini-bagels or pita pockets instead of bread. Vary the sandwich stuffing. Freeze low-fat yogurt or icy desserts to use as ice packs when packing meat or chicken sandwiches to prevent foodborne illness. Bake nutritious breads or muffins on the weekend and freeze for weekday lunches. Choose low-fat granola, cereal bars, vanilla wafers or graham crackers as a more healthy dessert. Wrap raw vegetables in a damp paper towel and put them in a plastic bag for freshness. Fruit offers many different vitamins and minerals, lots of variety, flavor and opportunities for different snacks. Make fruit exciting by cutting it into different shapes, eating it as finger foods, creating fruit kabobs, or serving fruit

with chocolate, honey and marshmallow dips. Try halving and coring an

apple; spread each half with peanut butter, top with raisins and nuts, then press the halves back together.

Most children need a middle of the afternoon snack for additional fuel. The most important thing to remember is to make wise snack choices. Try bagels toasted and topped with low-fat cheese. Roll a tortilla around some low-fat cheese, salsa and lettuce. Smear graham crackers with peanut butter and serve with a glass of juice. These snacks don't have to be high in sugar and fat to be fun.

Eating healthy means your child will look and feel better. They will be more alert and attentive, and are more likely to participate in school and sports activities. Eating healthy doesn't have to be tough. Try to follow these simple guidelines: have your child eat regular meals, eat a variety of foods, cut down on high fat and sugar foods and just have fun.

For more information on kid's meals, school nutrition, or healthy eating, call the Health and Wellness Center at 963-4007.

Another useful resource is the web site: www.eatright.com



Let's get ready to rumble!

By The Swami
Pigskin prognosticator

Week one is upon us. The Swami has tightened his turban, and he has been laughing all week. Everytime the Swami looks at the entries flowing in for week one, he cannot help but laugh at all the crazy picks he sees. All the Swami can say now is "pathetic!"

It will be another horrendous year for everyone, including the Cowboys. The Swami received a submission from "The Lovegod"(remember him?). Well, he is talking about kicking the Swami's butt. The Swami has news for you, "Lovegod"—He will own you like the rest of the laughing stock out there. You must be a Cowboys fan. Someone even sent in their entry referring to the Cowboys as "Cowgirls." The Swami loves it!

As you are sitting back this Sunday watching the Eagles pummel the "Boys," you will say, "Man, The Swami is good." Then just flip the channel and watch the Jets beat up on the Packers. Do you think the Swami will be eating these words?

Week two picks are listed here this week. Remember to get your forms in by Sept. 8.

The Swami will have the winner (probably the Swami) of week one listed next week. Remember that the Swami will always stay a week ahead of everyone. From what the Swami has seen, y'all need the extra time to hone your football forecasting skills. Good luck! You will need it!

WEEK TWO

Name/Phone # : _____
Comments: _____

Sunday, Sept. 10, 2000
BEARS @ **BUCCANEERS**
BROWNS @ BENGALS
PACKERS @ BILLS
JAGUARS @ RAVENS
CHIEFS @ **TITANS**
DOLPHINS @ **VIKINGS**
GIANTS @ EAGLES
RAIDERS @ **COLTS**
FALCONS @ **BRONCOS**
PANTHERS @ **49ERS**
RAMS @ SEAHAWKS
REDSKINS @ LIONS
SAINTS @ **CHARGERS**
COWBOYS @ **CARDINALS**

Monday, Sept. 11, 2000

PATRIOTS @ **JETS**
Monday Night Total Points _____

Swami points=47

Submit picks by Friday, 8 Sept—1600 hrs.
Send to airlift.dispatch@charleston.af.mil
Or drop off @ Public Affairs, bldg.1600